

In the Claims:

- 1.(original) An ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant wherein said composition is in a form so that in use it is dispersed in a liquid prior to ingestion.
- 2.(original) An ingestible composition according to claim 1 wherein said composition in particulate or granular form.
- 3.(currently amended) An ingestible composition according to claim 1 as claimed ~~in any preceding claim~~ wherein the particle size of the silica is between 5nm and 5 μ m.
- 4.(currently amended) An ingestible composition according to claim 1 as claimed ~~in any preceding claim~~ wherein the specific surface area of the silica is between 50 and 400gm⁻².
- 5.(currently amended) An ingestible composition according to claim 1 as claimed ~~in any preceding claim~~ wherein the silica is present in an amount of between 0.01wt% and 5wt% of the total weight of the ingestible composition.
- 6.(currently amended) An ingestible composition according to claim 1 as claimed ~~in any preceding claim~~, wherein the ingestible surfactant is a polyethylene-, polypropylene-, or polyoxyethylene-based surfactant.
- 7.(currently amended) An ingestible composition according to claim 6 as claimed ~~in claim 11~~ wherein the polyethylene-based surfactant is a polyethylene glycol.
- 8.(currently amended) An ingestible composition according to claim 1 as claimed ~~in claim 12~~ wherein the polyethylene glycol has a molecular weight of between 200 and 40,000, ~~preferably between 200 and 1,000.~~

- 9.(currently amended) An ingestible composition according to claim 6 ~~as claimed in claim 11~~ wherein the polyoxyethylene-based surfactant is a polyoxyethylene sorbitan fatty acid ester.
- 10.(currently amended) An ingestible composition according to claim 6 ~~as claimed in claim 11~~, wherein the surfactant is a polyoxyethylene monostearate or a glycerol polyethylene glycol oxystearate.
- 11.(currently amended) An ingestible composition according to claim 1 ~~as claimed in any preceding claim~~ wherein the ingestible surfactant is present in an amount of between 0.01wt% and 5wt% of the total weight of the ingestible composition.
- 12.(currently amended) An ingestible composition according to claim 11 ~~as claimed in claim 16~~ wherein the ingestible surfactant is polyethylene glycol and is present in an amount of between 0.1wt% and 2wt% of the total weight of the ingestible composition.
- 13.(currently amended) An ingestible composition according to claim 11 ~~as claimed in claim 16~~ wherein the surfactant is a polyoxyethylene sorbitan fatty acid ester and is present in an amount of between 1wt% and 2wt% of the total weight of the ingestible composition.
- 14.(currently amended) A method of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant, the method comprising the step of blending the ispaghula with the colloidal silica and the ingestible surfactant; ~~preferably without the employment of isopropyl alcohol or more preferably of any solvent; and preferably without the employment of polyvinyl pyrrolidone or more preferably of any granulating agent.~~
15. An ingestible composition or its manufacture substantially as described herein.

- 16.(new) A method according to claim 14, of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant, the method comprising the step of blending the ispaghula with the colloidal silica and the ingestible surfactant preferably without the employment of any solvent.
- 17.(new) A method according to claim 16, of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant, the method comprising the step of blending the ispaghula with the colloidal silica and the ingestible surfactant preferably without the employment of isopropyl alcohol.
- 18.(new) A method according to claim 14, of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant, the method comprising the step of blending the ispaghula with the colloidal silica and the ingestible surfactant preferably without the employment of any granulating agent.
- 19.(new) A method according to claim 18, of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant, the method comprising the step of blending the ispaghula with the colloidal silica and the ingestible without the employment of polyvinyl pyrrolidone.
- 20.(new) A method according to claim 14, of making an ingestible composition comprising ispaghula, colloidal silica, and an ingestible surfactant, the method comprising the step of blending the ispaghula with the colloidal silica and the ingestible surfactant without the employment of any solvent; and without the employment of any granulating agent.